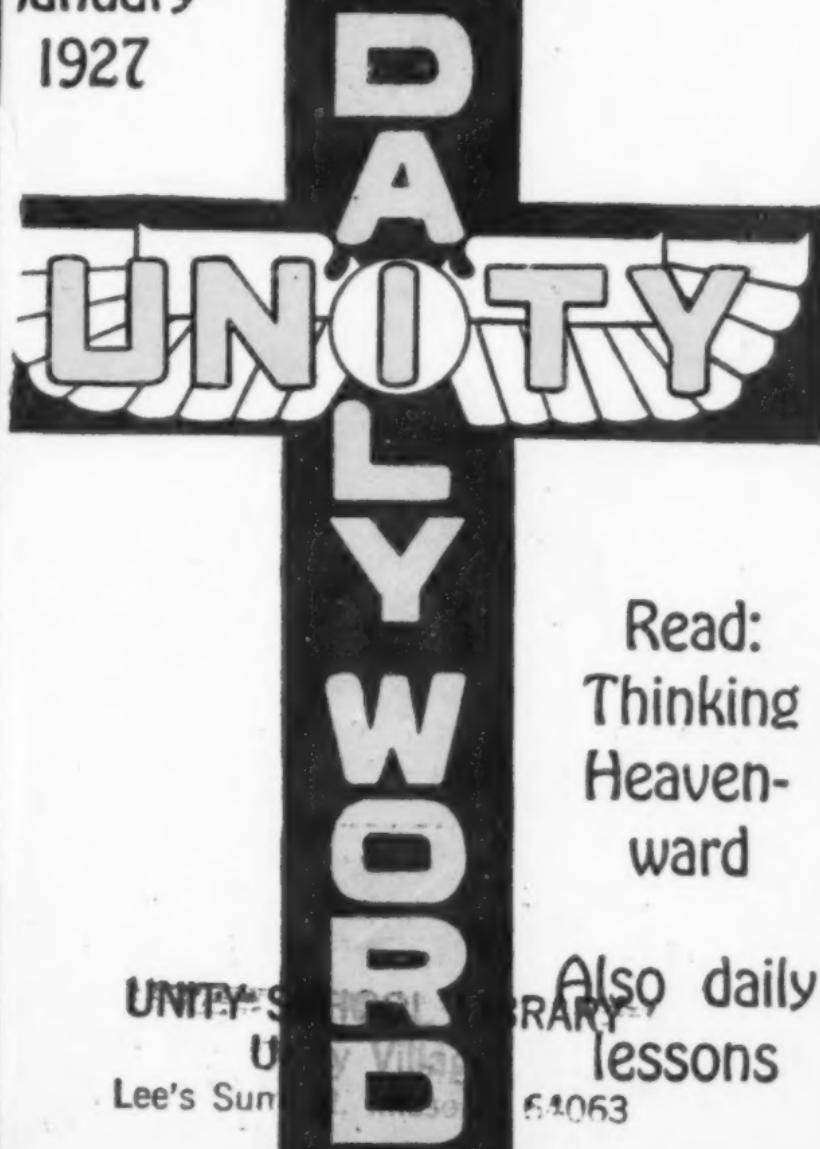


January  
1927



UNITY'S

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Blessed *shall* be thy basket and thy store.

Blessed *shalt* thou *be* when thou comest in, and blessed *shalt* thou *be* when thou goest out.—*Deut. 28:5-6 (A. V.).*

They shall prosper that love thee.  
—*Psalms 122:6.*

### AFFIRMATION

I begin this day's work with joy and thanksgiving, knowing that I shall find unlimited opportunities for growth and success.

I am courageous! I am prosperous! I am successful in all I undertake!

—*Alfred Williams, Los Angeles, Calif.*

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# **UNITY DAILY WORD**

A monthly manual of daily studies in Christian metaphysics, issued the first day of the month by  
**UNITY SCHOOL OF CHRISTIANITY**  
917 Tracy, Kansas City, Missouri  
F. B. WHITNEY, *Editor*

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## **THE SINGING HEART**

The singing heart is the cheery heart that seeks the sunshine trail;  
The singing heart is the happy heart that finds the Holy Grail;  
The singing heart is the glad, glad heart that all men love to meet  
When things go wrong and life's sad part is creeping to their feet.

The singing heart is the smiling heart with lips as sweet as song;  
The singing heart is the Maytime heart that holds no count of wrong;

The singing heart is the merry heart that puts gold  
in the blue,  
And when we play in the world's wide mart we  
know that dreams are true.

The singing heart is the hopeful heart that helps you  
all it can;  
The singing heart is the faith-fair heart that makes  
the worthwhile man;  
The singing heart is the frown-free heart that wipes  
away your tears,  
That stands by you when your troubles start and  
stays on through the years.

The singing heart is the heart we love. It lightens  
grief and care;  
It matters not what the shadows are, we know a song  
is there.  
And be it walking the open road or on the city street,  
The singing heart has a joyous note that makes just  
living sweet.

—*Winnifred Virginia Jordan.*

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## THINKING HEAVENWARD



HERE is a good reason why students of Practical Christianity are so interested in disciplining their thinking. There is a reason why thoughts which are negative and destructive should give way to those which are positive and constructive. These reasons are justified when we know that by our thinking we place ourselves either in harmonious conditions or else in chaos. Let us say, we place ourselves in heaven or in hell.

Thinking, then, is that which puts man in confusion, in disease, and in satanic conditions. Thinking is the cause of all these inharmonies when the thoughts are of a negative type. Thinking turns man heavenward when his thoughts are godly, spiritual, and noble. Thinking is the creative power back of sin; thinking is the power back of noble endeavor. The character of the thought determines its outcome.

Why do we study the truth of Christ? One says, "We do so that we may know what to think." Quite true. None of us would want to think other than according to Truth. If we study the truth about life we know how to think in order to live more fully the ideal life. We study Truth because, in reality, we ourselves are a part of it. We are a part of the great universal truth about man. We can see very easily that we cannot afford to give our thought to anything short of Truth.

Just as incorrect thinking, or thinking contrary to Truth, is the cause of man's difficulties so is correct

thinking, or thinking in line with divine principle, the means of bringing about peace and harmony. We need not ask a man what he thinks in order to know him. We have but to look at his physical organism, at his countenance, at his environment in order to know him. A man may tell us that he is a Christian, but if his body is unhealthy, if his affairs are disorderly, his needs unfulfilled we may know that he does not entertain Christlike thoughts.

Thinking heavenward is a sort of spiritual exercise. Those who would enter heaven here and now should think and vision themselves into it. They should enter the high spiritual consciousness in which heaven exists. They should behold heaven right here and merge themselves and their lives right into it.

Possibly, at this juncture, some one says, "But in my own case, where there is so much disease and disorderliness in my life and in all about me, there is no chance to work out such a theory." What? Theory? Do you think that the Bible teaching, "As he thinketh within himself, so is he," is but theoretical? Solomon, the son of David, in all his wisdom never spoke a greater truth.

Jesus Christ, the great Teacher back of all our Christianity, said, "Neither shall they say, Lo, here! or There! for lo, the kingdom of God is within you." Your ability to enter this kingdom lies within you; you have ability to say whether you shall be in heaven or in hell.

One time the writer overheard a man on the street say, "Ain't that hell?" When he turned to see what had caused the speaker to make such a remark, the

latter looked at him almost apologetically, but said, "That was a hell of a remark." Then the writer said to this man, "It is hell and your remark is hell because you are thinking 'hell' today."

As long as one thinks hell, he will find that his words are unconsciously tinged with it. As long as he thinks hell, he will be in the midst of it. He will literally burn up with wrath, anger, passion, and hate.

When one thinks heavenward, he speaks heavenly words, he brings about heavenly conditions in his body, in his affairs, and in his environment. Every heavenly thought causes one to draw nearer to a perfect state of heavenliness.

We can agree with the fundamentalist who believes in heaven and hell. However, we do not believe that these conditions are outside of man, in some distant place, or in some future age. Either heaven or hell is the result of man's state of consciousness, not a result coming about in the future but one manifesting in the present as the expression of his consciousness.

We could scarcely vision a hell worse than the awful mental torment and physical agony which come about through evil thinking. We cannot dream of a heaven any sweeter than the one which comes about here and now through right thinking, through knowing our oneness with God, through unifying ourselves with his glory, peace, life, and health. What more could man desire than this? All that man can vision as heavenly is within his very grasp.

## THE LORD HELPS THOSE WHO HELP THEMSELVES

**H**AVE you ever found that when you need to do something, something which seems to be almost impossible for you to do, that you can discover within yourself the ability to do it? Even as one takes the step of trying to do something, there seems to be an inner power which begins to assert itself.

If one would sit and beseech God to move him, he would be unmoved until he himself made some effort toward motion. God acts through the individual. God does not come as some outside, detached force and cause the individual to move.

The sentiment, "Do the thing and you have the power," is most expressive. When one attempts to do something he has the power to do it. From within him a power asserts itself. It is his own God-given power to do whatever needs to be done within his sphere of action.

One time at a revival meeting in which healing had a part, the minister, after praying for a cripple, said, "Now walk!" The cripple showed surprise. He seemed to be thinking that he had observed no new power to help him to walk. A cynic said, "Well, if he has to walk himself, what is the use of prayer?"

Prayer, after all, but serves to give one a consciousness of himself and his own innate powers through the Christ within. One must exercise his own powers. The so-called cripple had to be prayed for until he reached the consciousness of stepping out on

his own responsibility. He had evidently expected something to rush to his side, just as an airplane might land near him, and literally bear him from one spot to another. He had expected the Lord to help him in some way without any coöperation on his own part.

The moment came when he did lay hold of faith in the Christ within, and then he walked. At first, the minister walked about with him. The process resembled that observed when the mother bird teaches her little one to fly. The mother does not bestow courage or power upon her little one; she does not walk or fly for him; she only serves to help him to find himself and his power to fly. The swimming instructor does not give his pupil the power to swim; he casts fear from the consciousness of the pupil and teaches him how to ride upon the waves.

Invalids whose wrong thinking has kept them chained to their beds for years have been known to jump from their beds and save little children when the house was afire or some other danger was present.

Athletes learn the trick of getting their second wind when it seems as if fatigue and weakness will master them.

We shall always find that we have within us that something which is sufficient for every demand. We need to exercise the strength we have, even though it appear small, in order to claim more strength. In this way we broaden and deepen the channels through which more strength can express through us. In doing this, we but coöperate with God in giving his strength an avenue in us for expression.

## TO THINE OWN SELF BE TRUE

By thine own soul's law learn to live,  
And if men thwart thee, take no heed,  
And if men hate thee, have no care;  
Sing thou thy song and do thy deed.  
Hope thou thy hope and pray thy prayer,  
And claim no crown they do not give.

—*Pakenham Beatty.*

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My mind to me a kingdom is;  
Such present joys therein I find  
That it excels all other bliss  
That earth affords or grows by kind.

—*Sir Edward Dyer.*

## SATURDAY, JANUARY 1

*Spiritual Keynote for Today: Through the cleansing, vitalizing Spirit of Christ, my mind is filled with new, fresh, and vital ideas. I am mentally regenerated.*

My mind is cleared of all memory of past wrongs and mistakes. My mind is freed from every bondage to memories of adversities. I am mentally cleansed of all tendency to hark back to times of limitation.

I am this day mentally cleansed through the purifying power of the Spirit of Christ within me. New and fresh ideas renew and regenerate my mind and stimulate me to newness and freshness. These ideas give me a new outlook upon life. I perceive all things in my environment as renewed through the renewing power of Spirit.

My mind is charged with vital, dynamic ideas. These ideas express in my body and charge it with vitality and dynamic health. The vital, health giving ideas of the Christ mind now manifesting in and through me quicken me to life, health, and wholeness. I am awake to new ideas, new health, new strength. I am a new being in Christ.

I give thanks for new ideas, renewed health, and new viewpoints. I am now expressing these new ideas in all that I think and do.

Behold, I create new heavens and a new earth; and the former things shall not be remembered, nor come into mind.—*Isa. 65:17.*

## SUNDAY, JANUARY 2

*Spiritual Keynote for Today: Joy and praise fill my consciousness and I sing a new song.*

I sing the hymn of joy and of praise. No discordant note issues from my mouth. The harmony and the joy of Spirit sing themselves into my life.

Filled with joy I put an end to all depression in my life. There is no memory of sorrow or of adversity in my consciousness. I am filled to overflowing with the joy of Christ. Within me, Christ expresses himself as abounding joy. Christ, in me, is a well-spring of joy and of happiness.

Filled with praise, I no longer discourage or condemn myself or others. I rejoice to sound the note of praise. I rejoice to sing away every unhappy mood and every cloud of gloom. I rejoice to spread the gospel of joy and of good cheer.

The joy of Christ is my joy. It is joy victorious over adversity, depression, and disease; joy triumphant over sorrow and pessimism; joy overcoming every belief which turns man away from the glory of his indwelling Spirit. Such is the joy of Christ.

The joy of Christ causes my body to be filled with quickening joy and health. No stagnation or congestion can withstand the quick, free flowing joy of health. The joy of Christ causes every cell of my body to tingle with joy.

He hath put a new song in my mouth, even praise unto our God.—*Psalms 40:3.*

## MONDAY, JANUARY 3

Spiritual Keynote for Today: *No limiting belief can keep me from seeing all things clearly and distinctly. My eyes are healthy and strong.*

My eyes are the eyes of God. God in the midst of me beholds the world of perfection. Through spiritual eyes I behold the vision of all things in their beauty and in their right relationship. I see all people and all things clearly and distinctly.

I cast from my consciousness every belief in poor eyesight, failing vision, nearsightedness, and farsightedness. In the sight of God, my eyes always have been healthy and perfect.

I refuse to burden my eyes with any limiting belief about them. The ever renewing, vitalizing life of God is now active and manifest in my eyes, and they are filled with new life.

No belief in age can manifest as limitation in my eyes. The youthfulness of Spirit keeps my eyes young. The youth of Spirit manifests in my eyes and makes them behold all things as existing in the eternal youth of Spirit.

I look through eyes of love, and I behold all people and all things united in the loving bonds of God. No thought of hate or fear can cause me to lose the high vision of the Christ everywhere coming into manifestation. My eyes are spiritual and divine.

Blessed are your eyes, for they see.—Matt. 13:16.

## TUESDAY, JANUARY 4

*Spiritual Keynote for Today: The joy of the Lord fills my heart and I radiate joy wherever I go.*

The presence of the Lord in the midst of me fills me with exuberant joy. This joy so dominates me that there can be no room in me for sorrow, depression, or unpleasant memories. The presence of joy fills me to overflowing, and my mind and my body are alive with joy and health.

The joy of the Lord frees me from all belief that others can make me unhappy. Nothing that they say or do can change or diminish the joy of the Lord within me. I give no person power to cause me to lose sight of Truth, the truth of my eternal oneness with joy.

The joy of the Lord frees me from all belief that events, circumstances, and situations can cause me to be depressed or unhappy. Established in joy, I am forever free from the belief that external conditions can cause me to lose sight of God in the midst of me.

Everything I touch I impregnate with joy. All things respond to the divine joy which radiates from me. The work of my hands is filled with joy, and all that I do takes on joy in abundant measure.

All whom I meet are blessed with joy.

*Thou hast put gladness in my heart.—Psalms 4:7.*

## WEDNESDAY, JANUARY 5

Spiritual Keynote for Today: *Hoping for the good, I discover it abounding everywhere.*

Filled with optimism, I am always hoping for and discovering the good in life. Pessimism or discouragement can have no place in my mind. Nothing can take place in my life to cause me to lose hope. I have faith that all things are now working for my highest good.

I cannot be dismayed. I see the sunny side of every situation. With eyes of hope, I behold all things in my environment expressing the best that there is in life. I behold my business and all my affairs becoming prosperous. I perceive more of God, the good, coming into visibility everywhere.

With this high vision of good, I cause good to manifest wherever I am. I am now in the midst of all things good. Everywhere I look, I see evidence of God's richest blessings. I recognize no void of good.

I cannot lose hope at any time. I am hopeful and optimistic in the face of every situation. I can always see evidences of good when appearances present discouragement.

I expect better conditions because my consciousness is continually unfolding better things to me.

Now the God of hope fill you with all joy and peace in believing, that ye may abound in hope.  
—*Romans 15:13.*

## THURSDAY, JANUARY 6

*Spiritual Keynote for Today: Freed from all tendency to respond to fear, evil, and hate, I abide in love. I am eternally established in the love of God.*

I do not vibrate to fear, evil, or hate. None of these adverse thoughts can find response in me. My mind is closed to every thought which does not emanate from the mind of God, the mind of love.

I do not behold fear, evil, or hate in any one. I see every one freed from personal desires and living up to the high standard of Christ. I see every one, not as a broadcaster of evil and hate, but as a loving child of God. I behold him obeying the divine edict to love.

I abide eternally in love. I am established in the love which is of Christ. I am centered in the love which sees perfection, not limitation. Through Christ in me and through myself in Christ, I am at all times loving.

Love is my keynote. All that is in my world must center about love. Everything in my mind, my body, or my environment must give way to the peace giving, health bestowing, harmonizing power of love.

I am free in the love which smooths out every difficulty, overlooks every limitation, and forgives every slight.

He that covereth a transgression seeketh love.  
—Prov. 17:9.

## FRIDAY, JANUARY 7

*Spiritual Keynote for Today: I do not look for limitation or for adversity. I behold the bounty of God everywhere coming into manifestation.*

Limitation and adversity have no place in God's perfect kingdom here and now coming into expression. In God, there is nothing limited or adverse.

I delight to see the goodness of God now becoming visible to all men. I rejoice to see the prevalence of good wiping out the evil of mortal thought.

I behold opulence, not lack. I see bountifulness, not limitation. I know that God is unlimited in his limitless supply, and that man has access to all that is God's. I know that I have access to everything which God possesses.

I am bountifully blessed in mind by a generous outpouring of bountiful thoughts from God mind within me. Rich ideas fill my mind and exclude every belief in poverty and lack.

I am bountifully blessed in body by a generous outpouring of life, health, and strength emanating from the very presence of God within my being. God's life is rich in energy and vitality. My body is purified, renewed, and recharged with the bountiful life of God. God's strength fills and dominates me, and I am strong and well.

He that hath a bountiful eye shall be blessed.  
—Prov. 22:9.

## SATURDAY, JANUARY 8

*Spiritual Keynote for Today: In the inner depths of my consciousness I am freed from all unpleasant memories. I live in ever increasing happiness.*

There is no bitterness or regret in my heart. I give up every inclination to call to mind personal feelings about things of the past. All those with whom I have ever been in contact now receive my sincerest blessings. I do not hold any one in bondage to preconceived beliefs about him. I deny that any one has caused me hardships or misfortune.

In my heart, I hold no bitter feelings toward any person. I set all persons free in the Father's freedom and love. I free them as I would want to be set free. I do not believe that they could intend harm to me or could do me injury.

My heart is right with God, true to divine principle. My heart is God's pulsating heart throb. I forgive and love with the love and the forgiveness of God. I set free those who are captives to mortal thought even as God sets free those who are in bondage to evil. Through God in the midst of me, I have power to liberate and to forgive. I have power to wipe out of my heart all that is unholy.

In the secret depths of my consciousness, I am unified with God. In his purity and love, I abide.

If thou set thy heart aright, . . .  
Thou shalt forget thy misery.

—Job 11:13, 16.

## SUNDAY, JANUARY 9

*Spiritual Keynote for Today: I have no desire to misjudge or to condemn others. I am willing to help and to inspire all with whom I am associated.*

Since my consciousness is established in divine justice, I have no desire to condemn or to criticize those about me. I place them in the keeping of their own indwelling Lord, divine law. I do not try to live their lives for them, or attempt to cause them to conform to my own personal opinions as to what they should think, say, or do.

I am willing to look for the righteous motive back of every deed. I am willing to look past appearances and to behold the working out of divine principle.

The high and noble thought which I entertain about others lifts and inspires them. My noble thought of them helps them to reach a higher consciousness of the best that is within them. Their higher consciousness frees them from every belief which would attract condemnation to them from others.

Through the loving service of Christ within me, I am happy to give constructive thought and word to all people. I rejoice to help each one to a higher consciousness of his true self.

**Condemn not, and ye shall not be condemned: release, and ye shall be released.—Luke 6:37.**

## MONDAY, JANUARY 10

Spiritual Keynote for Today: *Established in the peace and quiet of masterful consciousness, I have poise and concentration in all that I think and do.*

I deny that any one or anything can interfere with the calm peace of my soul. Nothing external to me can disturb my quiet. There is no person or no thing in all the world that can take my peace from me.

I am now established in the consciousness of the Master. In Christ, I have all mastery and all dominion. In Christ, I am subject to no limitation or limited belief. In Christ, I am established in peace and harmony.

All my thoughts are disciplined by the quiet presence of peace in my consciousness. No disturbing belief can remain in the sweet presence of calm and harmony.

I am not concerned about what people say or do. I have learned to mind my own business and to be interested in disciplining and redeeming self.

Established and poised in masterful consciousness, I find that all my thoughts, words, and deeds express poise and mastery.

Established in Christ, I am eternally stabilized and immovable in Christlike principle.

Study to be quiet, and to do your own business.  
—*I Thess. 4:11.*

## TUESDAY, JANUARY 11

*Spiritual Keynote for Today: I am not afraid of other persons, or of anything that they say or do. I am strong and courageous.*

I have cast from my mind all belief that any person can limit or injure me in any way. I am no longer afraid of persons or of personalities.

I walk forth this day in the consciousness that no person can cause me unhappiness in any way. I go forth knowing that through my high consciousness of Truth I overcome all belief that the personality of any one can subject me to itself. I am under no bondage to any one. I am not subject to any one's tyrannical thought.

Through the Christ within me, I am fearless and courageous. I am unafraid in the presence of that which formerly caused me to fear. I am fearless because Christ in me is the source of my courage.

I am not afraid to do things in new ways. I am not afraid of new ventures. I am not afraid to test my own powers. I am not afraid to stand for true principle or for my own God-inspired ideas when I am faced by opposition.

I am strong in the strength of Jehovah. I am courageous with the courage of Christ.

The truth of God, the truth that I am superior to all limitation, frees and delivers me.

*Be not afraid of their faces: for I am with thee to deliver thee, saith the LORD.—Jer. 1:8 (A. V.).*

## WEDNESDAY, JANUARY 12

*Spiritual Keynote for Today: I have faith that God is now expressing himself in me and in all my affairs as blessings suited to my every need.*

I do not believe that God can be absent from me or from my life. I do not believe in separation from God, divine principle. I have no faith whatsoever in limitation.

I pledge my faith to God. Putting my faith in that which is good, I know that only good can come about in anything which belongs to me.

I have faith in myself. God in the midst of me is mighty to see me through any undertaking. God is powerful to put to flight all that is not Godlike in me and to establish himself and his countless blessings in me, in my life, and in my work.

I have faith in my life's work. I have faith in all that God has assigned for me to do in the great plan of the universe. My faith is so constant that even in the face of adverse appearances I can behold the truth of God establishing itself.

I have faith in divine law. I know that even now the law of God is at work annulling every adverse and limited belief in my consciousness.

I have faith in invisible good. I know that out of the unseen there is now coming into evidence that which will appear as countless blessings for me.

*Jesus answering saith unto them, Have faith in God.—Mark 11:22.*

## THURSDAY, JANUARY 13

*Spiritual Keynote for Today: Infinite wisdom governs, guides, and directs me this day and I know how to decide things wisely and well.*

Turning to the Spirit of wisdom within me, I have access to knowledge and understanding. I am not undecided or hesitant in what I should do. There is but one way for me to go, and I now know that way.

God has given man understanding which is above indecision. I now claim that wisdom and knowledge which is my divine birthright.

The light of Christ within me illuminates my consciousness, and my path is revealed to me. There is no darkness of indecision on my way.

The light of Christ reveals to me when I should go and when I should come, when I should speak and when I should be silent, when I should give and when I should receive, where I should seek the lost, and where I should reveal the truth.

Governed by infinite wisdom, I cannot be ruled by ignorance or by indecision. I cannot be deprived of that which I should know at any time of need.

Guided by infinite wisdom, I know how to choose wisely and well.

Yea, if thou . . . lift up thy voice for understanding; . . . Then shalt thou . . . find the knowledge of God.—Prov. 2:3-5.

## FRIDAY, JANUARY 14

*Spiritual Keynote for Today: Casting all belief in weakness from my mind, I lay hold of the inexhaustible strength of God.*

Belief in weakness cannot gain access to my consciousness. I am fortified with the consciousness of strength. There is no place in my thought for weakness. My thoughts are of might and of strength.

I no longer speak of weakness or call myself weak or inefficient. Through my words of strength, I cause strength to be established in my mind, body, and affairs. I cause strength to appear in place of weakness. I manifest strength because as God's perfect creation I am every bit whole and strong.

I do not behold weakness in any one else. Through my high consciousness of truth and of strength, I declare strength for all people. Through my spiritual vision, I see might and power now manifest in every human being.

The strength of God is now expressed in all parts of my physical organism. Every nerve and every muscle manifests the perfect strength which I inherit from my Father. My nerves are so strong that I am at all times poised and centered in peace and strength. My muscles are stronger than any task that I can give them to perform.

My strength is always equal to every demand. I am free from weakness and fatigue.

He giveth power to the faint; and to him that hath no might he increaseth strength.—*Isa. 40:29.*

## SATURDAY, JANUARY 15

*Spiritual Keynote for Today: I am not combative or antagonistic. I am peaceful and harmonious in my relations with other persons.*

I clear from my mind all belief in resisting the ideas and opinions of other persons. I do not personally resist any one's opinions without first giving him an impersonal hearing.

I seek peace, not personal combats. I do not seek personal encounters. I do not magnify little situations. I give up all tendency to quarrel over insignificant affairs.

No one in all the universe can make me unhappy or can make me feel that he can usurp the calm peace of my soul.

The peace of God pervades my inner consciousness and radiates to every part of my world. The harmonious consciousness of Christ in me causes peace and harmony to be eternally established in me and in my environment.

Stabilized in Christ, I abide in that peace which cannot be shaken. I live in that harmony which is akin to the harmony of the heavens.

The peace of my consciousness releases all tension in my body, and every part of me is peaceful and harmonious, expressing divine health and perfection.

I will give peace in the land, and ye shall lie down, and none shall make you afraid.—*Lev. 26:6.*

## SUNDAY, JANUARY 16

*Spiritual Keynote for Today: Realizing  
that my Father has made me complete in  
every part, I manifest completeness and per-  
fection in mind and in body.*

I no longer think of myself as limited in any respect. I do not limit myself by allowing thoughts of imperfection to abide in my consciousness.

My heavenly Father has perfected me in every way. He created me in his image and after his likeness. He made me mentally after the pattern of his own infinite mind. He endowed me with thoughts high and noble, thoughts of peace, health, and success.

My father gave me perfect health and a perfect body. In the ideal mind of perfection, I have always been and always will be complete and perfect.

I erase from my consciousness all belief that I can inherit from any parent or from any man anything short of perfection. I wipe from my mind all tendency to believe that disease or adversity can be inherited by me from any physical ancestor.

I now stand erect in the divine manhood (or womanhood) which has been mine from the beginning. I walk forth in the perfection of God, in the perfection of my God-bestowed life, health, and strength.

**That the man of God may be complete.—II Tim.  
3:17.**

## MONDAY, JANUARY 17

Spiritual Keynote for Today: *The principle of wisdom, order, justice, and prosperity is now active in all my affairs and I am supremely prospered.*

Since the principle of God is at work in my affairs, they cannot be ruled by any limiting law. No belief in disorder, injustice, or lack can stand in my consciousness or in my affairs. There can be no stagnation in my finances since the swift moving power of God is at work in them.

I deny disorder any place in my consciousness. All my thoughts are in divine order and are orderly directed. I keep everything in its right place.

I refuse to believe in injustice. No person or situation can cause injustice to appear where God, divine justice, abides. The Spirit of divine justice at work in my affairs causes justice to prevail wherever it is needed.

I do not believe in lack. In God, there is no lack. In God's presence in my affairs there can be only bountiful abundance.

I am supremely prospered because God, the Supreme, takes supreme command of all my finances. I am prospered here and now, in every way, and by all means.

Thou shalt remember Jehovah thy God, for it is he that giveth thee power to get wealth.—*Deut. 8:18.*

## TUESDAY, JANUARY 18

*Spiritual Keynote for Today: Christ in the midst of me purifies my mind and cleanses my body, and I am free from every adverse belief and manifestation.*

The Christ mind in me purifies my mind and frees it from every belief in limitation, disease, or adversity. No belief which does not emanate from Christ, the mind of truth and of reality, can be entertained in my consciousness. Disease has no place in Christ; it has no place in me. The Christ mind is my standard of truth, and my every thought from henceforth is in keeping with its principles.

The presence of Christ within me cleanses my body of every vestige of disease, weakness, or imperfection. My body is the temple of Christ. It is pure and holy. Christ is my source of health, strength, and perfection. In Christ, I am being continually cleansed and renewed.

The purity of Christ purifies and cleanses me of every belief which would darken my consciousness and make disease appear as reality. The cleansing power of Christ wipes from my body temple every manifestation of disease. Nothing impure can lodge in my mind or in my body. I now claim the Christ mind as my own and I lay hold of Christ perfection as my health.

*Every one that hath this hope set on him purifieth himself.—I John 3:3.*

## WEDNESDAY, JANUARY 19

*Spiritual Keynote for Today: I no longer speak words which are destructive or disease producing. My words are spiritual, constructive, and healing.*

Having cleansed my consciousness of all belief in evil and disease, I speak only words which are free from evil and disease. I refuse to speak words which are negative and destructive. I refuse to think of disease as reality or to give disease recognition by discussing it. I no longer discuss disease or disease conditions.

My words from henceforth are spoken from the Christ consciousness and they are filled with the Christ Spirit. My words are purifying, strengthening, and healing. They are spiritual, and they have power to establish strength and health.

I do not discuss things which are pessimistic or destructive. I have no interest in matters which pertain to personal limitations. I have no desire to gossip or to listen to scandal.

I do not speak words which bear upon failure. My words are success producing. I am optimistic and successful. Through the power of my words I bring success forth in all my affairs.

My words are charged with the substance of the Christ mind.

He sendeth his word, and healeth them.  
—*Psalms 107:20.*

## THURSDAY, JANUARY 20

**Spiritual Keynote for Today: *There is only one Presence and one Power—omnipotent life and health.***

This statement is the Silent Unity healing word to be used from January 20 to February 20.

I do not attribute power to disease. I do not admit it to my mind or to my body. I entertain no belief that disease can have reality or presence.

God alone has reality and being. God alone has presence and power in absolute truth. I deny that disease can have presence because God alone has power to have presence. I deny that disease can have power because God, health, alone has power in my mind and in my body.

God is omnipotence; he possesses all power. He is all power. He is the only power which I recognize as dominating my life and my health.

Knowing that God alone has power in my body, I know only the power of health. Recognizing only the presence of God in this holy temple, I recognize that only health can be present.

I now declare that God is forever the only power and presence which I recognize. He is never separated from me. I keep my vision upon him.

I give thanks that life and health now manifest in every part of my being.

**The Lord God omnipotent reigneth.—Rev. 19:6  
(A. V.).**

## FRIDAY, JANUARY 21

*Spiritual Keynote for Today: There is only one Presence and one Power—omnipotent prosperity and success.*

This statement is the Silent Unity prosperity word to be used from January 20 to February 20.

I rule out of consciousness all belief in lack and in failure. I no longer entertain any belief that lack is man's portion from God. I do not believe that lack can have any place in God's omnipresent abundance.

The belief that I can fail to do anything which I am spiritually directed to do is now cast from my consciousness. I cannot fail in that which God chooses to have me do.

God is present in my consciousness as a constant source of inspiration, inspiring me to lay hold of more and more of his abundance. God inspires me to success.

There is only one Presence in my affairs and in my environment, the presence of prosperity and of success. The presence of God in my affairs brings about right decisions, divine order, good judgment, divine justice, and abundant prosperity.

There is but one Power in my affairs, the power of Him who causes the fields to flourish, the trees to bear fruit, and all things to bear their increase.

Both riches and honor come of thee, and thou rulest over all; and in thy hand is power and might.  
—*I Chron. 29:12.*

## SATURDAY, JANUARY 22

*Spiritual Keynote for Today: Every thought now measures up to divine principle, God, and I think that which is good and noble.*

I refuse to think thoughts which are peace destroying, disease producing, or success defeating. I refuse to entertain any thought which does not coincide with God, the mind of spiritual truth. I do not admit to my consciousness any thought which is not from God.

My every thought is gauged by the Christ standard. I think thoughts of peace, health, and success because these thoughts are spiritual and true of man in the absolute. I measure each thought according to Truth and that which I think henceforth issues from the mind of Truth.

I think loving thoughts because God, love, thinks loving thoughts in and through me.

I think thoughts of strength because God, all strength, is now unified with me, casting out all belief in and manifestation of weakness and inefficiency. God, as strength, fills me with thoughts of strength and with strength unlimited. God, as infinite mind, commands me and takes care of my physical body.

Casting down imaginations, and every high thing that is exalted against the knowledge of God, and bringing every thought into captivity to the obedience of Christ.—*II Cor. 10:5.*

## SUNDAY, JANUARY 23

*Spiritual Keynote for Today: Turning to God, the Father, in the very midst of me, I realize my divine perfection and my perfect sonship.*

My every thought is now turned to God, my Father, who dwells in heaven, the ideal state of harmony in my very midst. He dwells here continually, and I hallow and praise his presence forevermore.

The kingdom of my Father is now being expressed in and through me, and I dwell in heaven. The will of my Father in the inner kingdom of heaven now manifests within me as his heavenly will, manifest in all things.

Each day my Father gives me sufficient substance for my every need, and I am a prince of his realm of abundance. I wipe out all belief that lack or debt can limit my supply.

As the son of my heavenly Father, I am not led into temptation; guided by God mind, I cannot be tempted to think carnal or mortal thoughts.

I release every man from bondage even as my Father, the King, frees the captives.

In this way, I pray the prayer of the Master, Jesus, and I lay hold of my sonship with the Father and of my brotherhood with the Christ. I will dwell in the house of my Father forever.

Our Father who art in heaven, Hallowed be thy name.—Matt. 6:9.

## MONDAY, JANUARY 24

Spiritual Keynote for Today: *I worship one God, God the good, God the source of peace, health, and plenty.*

I no longer worship disease or limitation. I do not believe that I am subjugated to limitation in any form. I do not make graven images of disease and cause it to be outpictured upon my body.

I worship one God, God the true, the good. The mind of God is my mind of Truth. I do not revere evil in any form. I do not let myself be subordinated to any belief in evil, limitation, or disease.

I worship God, the author of peace. I am not subject to inharmony. I do not make a god of inharmony or come under its sway. My God is a god of peace.

I worship God, the source of health and perfection. I no longer think of disease as God-bestowed or as emanating from any power higher than my own indwelling power. God is my health, and I cannot be sick.

I do not worship a god of lack. I do not think of poverty as a spiritual blessing. I do not think that I come under any law of necessity or of poverty. I am subject only to the law of God, the law of abundance. All my affairs are in the keeping of God, who is sufficient to meet every need of mine.

Thou shalt have no other gods before me.  
—Ex. 20:3.

TUESDAY, JANUARY 25

Spiritual Keynote for Today: *Everywhere I behold the good, the tangible evidence of God's presence.*

I refuse to behold anything but the good. I do not seek that which is not of God. I do not visualize disease or limitation in any way.

Evil and disease are produced by mortal thought. My thought is no longer mortal or carnal. My mind is spiritual, and I behold only that which is spiritual and good. I perceive the good displacing the appearance of evil. I see health taking the place of disease.

Through spiritual vision, through the eyes of God, I behold God's perfect creations, the manifestations of good and of perfection. I behold the presence of God in all things. I behold God manifesting himself as man's health, peace, and supply.

Only the good has place in my life. Only God has presence and power in my world. Only that which God has made can exist in my environment.

God, the good, manifests in my mind as wisdom and as peace. There can be no darkness, ignorance, or inharmony in God mind.

God, the good, manifests in my body as health.

God, the good, manifests in my affairs and in my environment as order, justice, and prosperity. God is everywhere blessing me.

God saw everything that he had made, and, behold, it was very good.—*Gen. 1:31.*

## WEDNESDAY, JANUARY 26

*Spiritual Keynote for Today: God's will for me is peace, health, and plenty, and I am willing to abide by his will.*

I do not believe that God wills inharmony, disease or lack for me. I do not believe that anything short of perfection and abundance can be God's will for man.

God's will is now being established in my consciousness. I give up all obstinacy and all selfishness that the divine will may be manifest in me.

God's will removes from my consciousness all belief in mental depression and inharmony. I do not believe that any person or any power can or will inflict inharmony upon me. God's will is now my will, and I am willing to abide by it.

God's will in my body manifests as vitalizing life, strength, and abounding health. Living by God's will, I am free from the tenseness and strain of personal will. I am willing to rest in the will of God.

God's will in my affairs manifests as success and prosperity. I am successful because God wills me success. I am prosperous because I am prospered by divine will.

Governed and guided by God's will, I am always led in paths of pleasantness and of peace. Directed by his will, I do all things wisely and well.

That ye may prove what is the good and acceptable and perfect will of God.—*Rom. 12:2.*

THURSDAY, JANUARY 27

Spiritual Keynote for Today: *I no longer hold any one in bondage to any prejudiced beliefs about him. I set every one free even as I would be set free.*

I am not prejudiced in my thoughts about others. I am free from all inclination to hold any one today in bondage to a belief which I entertained yesterday. I recognize that each one is growing and developing.

I have no interest in holding any one to any limited thought. I place each one in the keeping of God, under the law of good, the law of perfect liberty. I set each one free in the great universal freeing truth of God.

I set each one free from any belief that I may have had about his health. I no longer think of any one as diseased or limited in life or health.

I set each one free from any belief that he has wronged me in the past. I accept him for what he is today, God's willing and loving child. I look upon him as free from any limiting thoughts of his own. I behold him free, from this moment.

I set each one free from every thought of the past which might tend to bind him to unfavorable conditions.

He that looketh into the perfect law, the law of liberty, . . . this man shall be blessed in his doing.  
—James 1:25.

## FRIDAY, JANUARY 28

**Spiritual Keynote for Today: *I am willing to help and to bless all with whom I come in contact.***

I am willing to bless those who do not seem to bless me. I am willing to help even those who seem to try to injure me. I am willing to return good to those who seem to wish me evil.

I do not believe in reciprocating evil for evil. Only thoughts of service and of love can obliterate personal strife. Only higher thoughts can erase the workings of debased mentality.

I am free from all tendency to resist what others do or say. I have no desire to malign those who seem to malign me. I free myself from personal consciousness and all its workings.

My mind is filled with constructive and healing thoughts. My work is that of helping and blessing others. I rejoice to free others from any malicious thoughts of their own.

I declare for all people the Truth which frees them from malicious desires. I free them in the Truth which blesses and heals.

All my thoughts are peaceful and loving. I declare peace for those who would destroy peace.

I help to awaken all persons to universal love, peace, and harmony.

Not rendering evil for evil, or reviling for reviling; but contrariwise blessing.—*I Peter 3:9.*

## SATURDAY, JANUARY 29

*Spiritual Keynote for Today: I know that God in me is abundant life, and I cannot lack life and vitality. I am full of life.*

I know the truth of man's oneness with the life of God. I cannot be separated from the God life in the very midst of me. This life is now expressing in and through me as my all-abundant life.

I know that all belief in insufficient life is now null and void. With God in my midst, I cannot lack life and health. Since God is my life, I have sufficient vitality and health for every demand.

I am full of the life of God. It courses through me. The cleansing, vitalizing, renewing life of the Spirit cleanses, vitalizes, and renews every part of my mind and my body.

The life of God cleanses my body of old conditions. All impurities are cast from my body temple. Every cell of my body is cleansed and purified.

The life of God vitalizes me in every part. I am vital, alive, alert. There is no lack of vitality in any part of my physical organism.

The life of God renews and regenerates me. Every cell, muscle, and nerve is now renewed and regenerated. The Spirit of youth now fills and thrills me, and I am alive with new life. I am alive because the Spirit of God in the very midst of me is alive.

Understanding is a wellspring of life unto him that hath it.—*Prov. 16:22.*

## SUNDAY, JANUARY 30

**Spiritual Keynote for Today:** *Established in the high consciousness of Truth, I have power to rise above every adverse situation.*

I am now free from every adverse belief which would bind me to limited conditions. I refuse to be tempted to lose the high vision of my supreme mastery. I stand stabilized in the truth of my victory over all circumstances.

God in the midst of me shows me the way out of every difficulty. The way of God is my way of victory. God's methods are my methods.

Standing on the high pinnacle of Truth, I view all things in their proper relationship. There is nothing too gigantic for God to overcome. Nothing that I need to do is too difficult for me to perform. I can do all things through Christ.

The truth of God is now made clear to me and reveals just what I should do in every situation. The Truth is mighty to release me from every enslaving thought.

The truth of God gives me power over all things of my world. Truth points the way for me, and I walk in the freedom of Spirit.

God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation make also the way of escape.—*I Cor. 10:13.*

## MONDAY, JANUARY 31

*Spiritual Keynote for Today: There is no place in me or in my life for anything but the very best. Through realizing this truth, I fill my life with all good.*

I remove from my consciousness all belief that evil or disease can have place in me or in my life. I cleanse my thought of all belief that God's will for me can be anything less than the very best.

Every belief in limited conditions is now cast from my thought. I do not recognize any adversity as having power to place itself in my mind, my body, or my affairs.

Through my denial of disease, I erase from my consciousness and from my body all belief in disease and its manifestation. Through affirming the spiritual truth of man's being, I cause the truth about health to manifest as my dynamic health.

The good now comes forth in me and in my life because I recognize God alone as being my life. Nothing but the good can have place in anything with which I am associated.

I preach the gospel of God, the gospel of good, the one divine power and the one divine presence in reality. I lay hold of good because there is nothing in reality but good. There is nothing in the world for me but good.

Every plant which my heavenly Father planted not, shall be rooted up.—*Matt. 15:13.*

## BEGINNING AGAIN

A reprint of a very popular meditation which appeared in Unity Daily Word—one which prompted many students to write to the author and to thank him for the good they had received from it. Here is a letter received October 24:

I have been intending to write and tell you that a friend and I have read "Beginning Again" nearly every day since January 1 when it was published in Unity Daily Word. In addition to reading this, we have used the new lesson for each day.—*Mrs. Grace P. Horton.*

This meditation has been put into a booklet together with some of the best liked articles which have been printed in Unity Daily Word. Read the list and see how many of your favorites have been included:

The Silence; The Key to Spiritual Consciousness; A Metaphysical Platform; The Way of Silence; Concentration and Consecration; Now are We the Sons of God; Metaphysical Diagnosis; The Magic of Praise; Man's Seven Senses; The High Watch; also two songs with words and music.

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